The Efficacy of Art Therapy among Patients Diagnosed with Anxiety and Depression

Short Synopsis

Submitted in partial fulfilment for the degree of

DOCTOR OF PHILOSOPHY

By

Pooja Gupta
MRUEDDN012K230024

Under the supervision of

Dr. Arvinder Kaur

Assistant Professor

Department of Education and Humanities

School of Education and Humanities

MANAV RACHNA UNIVERSITY

Sector-43, Aravali Hills, Faridabad

2025

MANAV RACHNA UNIVERSITY

Declared as State Private University Vide Haryana UGC Act 26 of 2014

MANAV RACHNA UNIVERSITY

Date: 24-06-25

CERTIFICATE BY SUPERVISOR

This is to certify that the short synopsis entitled **The Efficacy of Art Therapy among Patients Diagnosed with Anxiety and Depression** is an original piece of work done by research scholar **Ms. Pooja Gupta** under the supervision of **Dr. Arvinder Kaur** for the degree of Doctor of Philosophy in the Department of **Education and Humanities** under the School of **Education and Humanities** of **Manav Rachna University, Faridabad** during the academic year **2024-25.** Further, it is certified that the short synopsis is within the plagiarism limit and a copy of the same is attached as per the University norms.

Arvinder Kaur

Supervisor

Dr. Arvinder Kaur

Assistant Professor

Department of Education and Humanities

Manav Rachna University, Faridabad

MANAV RACHNA UNIVERSITY

Date: 24-06-25

DECLARATION BY THE SCHOLAR

I hereby declare that the short synopsis entitled **The Efficacy of Art Therapy among Patients Diagnosed with Anxiety and Depression** being submitted in partial fulfillment of the requirement for the degree of Doctor of Philosophy in the **Department of Education and Humanities** under the **School of Education and Humanities, Manav Rachna University, Faridabad** during the academic year **2024-25.**

It is the work that is expected to be carried out under the supervision of **Dr. Arvinder Kaur.**

Further, it is declared that the short synopsis is within the plagiarism limit and a copy of the same is attached as per the University norms.

Pooja Gupta
MRUEDDN012K230024

Abstract

Art therapy, an emerging field in psychotherapy, has shown promise in addressing mental health concerns like anxiety and depression. This study investigates the impact of art therapy on these conditions among outpatients, focusing on improvements in anxiety symptoms, depression symptoms, overall functioning, and mood. A sample of 28 patients, aged 18 to 45, with a history of depression or anxiety lasting 1 to 2 years, participated in an 8-week art therapy intervention. The therapy sessions, conducted weekly at a multispecialty clinic, utilized tools such as Mandala art and painting. Baseline and post-intervention assessments were conducted using the Beck Depression Inventory (BDI), Beck Anxiety Inventory (BAI) and the Global assessment of functioning scale (GAF). Preliminary findings suggest significant improvements in the targeted areas, highlighting the potential of art therapy as an effective intervention for managing anxiety and depression in outpatient settings.

Keywords: Art Therapy, Anxiety, Depression, Psychotherapy, Mandala Art

CONTENTS

S. No.	Description	Page No.
1	Introduction	1-4
2	Literature Review	4-8
3	Rationale of the study	8-9
4	Objectives and Hypotheses of the Study	10- 11
5	Research Methodology	12 -15
6	Expected Outcome of the Research	16
7	References	17-19

Introduction

As Per WHO 2018, Good health is Vital for a society's growth, development and productivity and also for every individual's life. Health is a state of physical, mental and social well-being and not merely the absence of disease or infirmity, (WHO, 2018). Among others, anxiety and depression are considered the most common mental health conditions. Anxiety Disorders are a group of mental health Problems characterized by persistent worry, fear, and related behavioral difficulties. Common symptoms include restlessness, rapid heart rate, sweating, and difficulty concentrating (Barlow, 2002). These disorders can significantly impact daily functioning and quality of life.

Anxiety is a natural and universal emotional response to situations that are perceived as stressful or threatening. It manifests as feelings of worry, nervousness, or fear, which can arise in a wide range of scenarios, such as preparing for an important exam, facing a job interview, or speaking in public (Barlow, 2021) . These feelings are usually temporary and subside once the stressful situation has passed. Anxiety, in this sense, is a part of life and can even be beneficial, helping individuals stay alert and focused in challenging situations. (American Psychological Association Dictionary of psychology, 2020).

However, when anxiety becomes excessive, persistent, and out of proportion to the actual threat or circumstance. It can develop into what is known as an anxiety disorder. Anxiety disorders go beyond normal feelings of anxiety. They are marked by overwhelming and uncontrollable worry or fear that can significantly disrupt daily life. Individuals with anxiety disorders may experience intense physical symptoms such as rapid heartbeat, sweating, trembling, or dizziness, and these symptoms can be triggered by specific situations, objects, or even though anxiety disorders encompass a variety of specific conditions, each with its own set of symptoms and triggers. For example, Generalized Anxiety Disorder (GAD) is marked by chronic, Excessive worry about various aspects of life, such as health, work or social interactions that persists for six months or more (American Psychiatric Association, 2022).

Panic Disorder is sudden and repeated episodes of intense fear, known as panic attacks, which are often characterized by physical symptoms like chest pain, shortness of breath, and a feeling of impending doom. Social Anxiety Disorder is defined by a profound and persistent fear of

negative evaluation, criticism, or embarrassment in social contexts (American Psychiatric Association, 2022). Stein and Sareen (2015) analyzed the prevalence, diagnosis, and treatment of anxiety disorders, noting that they affect nearly 20% of global population. The review emphasizes the effectiveness of cognitive-behavioral therapy (CBT) and medications in managing these disorders and highlights the need for early intervention and personalized treatment plans. The authors also stress the importance of differences between normal anxiety and anxiety disorders, as the latter requires clinical attention and often synthesis of therapy and medication.

Francis, 2004 describes 'Depression, also known as Major Depressive Disorder (MDD), a common and serious mental health condition that negatively affects how one thinks, feels and acts'. It leads to persistent feelings of sadness and a lack of interest in previously enjoyed activities. Other symptoms are changes in appetite, sleep difficulties, fatigue and feelings of worthlessness. Depression can interfere with daily functioning and, in severe cases, can lead to thoughts of suicide (American Psychological Association, 2023; National Institute of Mental Health, 2022).

Art therapy is a kind of psychotherapy that uses the creative process of making art to improve a person's physical, mental, and emotional well-being. It combines the fields of art and psychology to promote self-expression and healing. Through various art mediums such as drawing, painting, and sculpture, individuals can explore their emotions, develop self- awareness, and cope with stress and traumatic experiences. Reframe the sentence

A study conducted by Slayton et al. (2010) found that art therapy significantly reduced symptoms of depression and anxiety in participants, offering a non-verbal outlet for self-expression. The study emphasized that engaging in artistic processes helps foster emotional resilience and provides a sense of accomplishment. Art therapy provides a way to express complex emotions visually, which can be a powerful form of communication. Engaging in artistic activities has been shown to reduce cortisol levels, a hormone associated with stress.

Creating art can lead to sense of accomplishment and pride, which can boost self- esteem and confidence. The creative process can trigger the release of dopamine, a neurotransmitter associated with pleasure and reward, which can improve mood and overall mental health. Art therapy can help individuals develop healthy coping mechanisms for managing anxiety and depressive symptoms. Art therapy can be especially beneficial when traditional verbal therapies

are challenging for the patient (Abbing, Ponstein, van Hooren, de Sonneville, Swaab, & Baars, 2019) . By integrating art therapy into treatment plans, healthcare providers therapeutic can offer a holistic approach that addresses both the emotional and psychological aspects of anxiety and depression (Kaimal, Ray, & Muniz, 2016)

According to research by Stuckey and Nobel (2010), creative art therapies, including painting, drawing, and sculpting, improve overall psychological health by reducing stress and enhancing mood. The study highlights how art therapy facilitates personal reflection and promotes a positive mental shift for individuals.

1.1 Theory of the Study

Expressive Therapy Continuum (ETC)

The Expressive Therapy Continuum, developed by Kagin and Lusebrink (1978), is a foundational model in art therapy. This framework posits that therapeutic art-making facilitates a dynamic process of cognitive and emotional integration. It identifies levels of functioning—kinesthetic, sensory, perceptual, and symbolic—that participants engage in during art-making.

- **Kinesthetic-Sensory Levels:** These focus on physical engagement and sensory stimulation through art, helping clients to discharge energy and ground themselves in the present. This is particularly relevant for anxiety disorders, as grounding techniques reduce hyperarousal.
- **Perceptual-Affective Levels:** These enable clients to process emotions through structured expression, fostering awareness of underlying feelings. This is beneficial for depression, where emotional numbness is prevalent.
- **Cognitive-Symbolic Levels:** At this level, participants use symbolic representation to explore complex thoughts and narratives, facilitating insight and problem-solving.

The ETC aligns with this study's aim to explore the ways of how art therapy can provide a non-verbal avenue for managing emotional dysregulation in individuals with anxiety and depression

1.2 Operational definition of key terms

Art therapy: According to Shruti Sivaraman 2024, Art therapy is a form of psychotherapy that primarily involves use of art materials for expression and therapeutic purposes.

Anxiety: As per Kessler, 2005 It can be described as "a diffuse, future-oriented emotional state associated with uncertainty about the outcome of an event" (Kessler et al., 2005).

Depression: The American Psychiatric Association (APA) identifies depression as involving both emotional and physical symptoms, including fatigue, changes in appetite, and difficulty concentrating, and it can severely impair daily functioning (American Psychiatric Association, 2013).

Anxiety Disorder: Anxiety disorders are mental health conditions that involve excessive fear or worry, and they can manifest in several forms, such as generalized anxiety disorder, panic disorder, and social anxiety disorder. These disorders are often characterized by persistent feelings of anxiety that interfere with daily life and functioning. (Abbing et al., 2019; JAMA Network,2024).

Diagnosis: A diagnosis in mental health is defined as the process of identifying and classifying mental disorders based on a combination of clinical evaluations, patient history, and standardized diagnostic criteria.

Review of Literature

Sruthi Sivaraman et al. (2024) evaluated the impact of art-based therapy on young adults, employing a pre-test and post-test design with 30 participants. Using the Depression, Anxiety, and Stress Scale (DASS-21), the study found significant reductions in psychological distress among participants who engaged in activities like scribbling, drawing, and painting. While impactful, this study focused exclusively on young adults, limiting its applicability to broader demographics, including clinical populations with diagnosed anxiety or depression.

Rayan Hamzah et al. (2023) investigated the application of art therapy in managing stress and anxiety disorders through a randomized controlled trial (RCT). Adults aged 18 to 65 participated in structured art therapy sessions, with pre- and post-intervention assessments revealing significant reductions in anxiety and stress. This study highlighted the value of art therapy as a complementary treatment, though it primarily focused on stress management, leaving room for exploration in severe clinical cases.

Comparing Art Therapy with Other Interventions

Syeda Nadia Shah et al. (2021) compared cognitive-behavioral therapy (CBT) and art therapy in addressing anxiety and depression in adolescents and young adults. While both interventions were effective, CBT showed a slightly greater impact on anxiety, whereas art therapy excelled in improving mood and emotional expression. This differentiation underscores art therapy's role in non-verbal emotional processing and highlights the need for further comparative studies.

Art Therapy in Medical and Specialized Contexts

Several studies have explored art therapy’s efficacy in medical and specialized populations. Tamara A. Shella (2018) assessed the effect of bedside art therapy on mood, pain, and anxiety in hospitalized patients. The findings demonstrated significant improvements across psychological parameters, regardless of the participants’ age or diagnosis, illustrating art therapy's adaptability to various settings.

Similarly, Eliana C. Ciasca et al. (2018) examined art therapy's role as a supplementary treatment for elderly women with major depressive disorder (MDD). Participants who underwent 20 weekly sessions of art therapy showed significant improvements in depression and anxiety scores compared to the control group. While this study underscores the potential for art therapy in resistant populations, its narrow focus on elderly women limits its generalizability.

Art Therapy as an Adjunctive Intervention

Jiching Hou et al. (2023) evaluated painting therapy as an adjunctive treatment for anxiety disorders. Participants receiving both painting therapy and medication showed significantly better outcomes than those on medication alone. This study supports the integration of art therapy into conventional treatment plans but also highlights the need to assess its standalone efficacy.

Addressing Trauma and Cultural Sensitivities

Art therapy's effectiveness in trauma-affected populations was highlighted by Soo-yeon Kim et al. (2022), who studied Ukrainian refugees in Korea. Significant reductions in anxiety and distress were reported post-intervention, as measured by the Generalized Anxiety Disorder-7 (GAD-7) scale and Subjective Units of Distress (SUD) scale. However, the lack of a control group limits the generalizability of these findings. This study emphasizes the importance of culturally sensitive approaches in applying art therapy, a factor particularly relevant in the Indian context.

Meta-Analyses and Systematic Reviews

Meta-analytical studies provide a broader perspective on the potency of art therapy. Newland et al. (2020) conducted a meta-analysis on Mindfulness-Based Art Therapy (MBAT), finding significant reductions in anxiety, depression, and fatigue across participants. The analysis underscored art therapy's holistic benefits, particularly in chronic conditions, though it also noted variability in study designs and populations, emphasizing the need for standardized protocols (Newland et al (2020).

Methodological Advances and Limitations

Annemarie Abbing et al. (2019) focused on anthroposophical art therapy for women with generalized anxiety disorder (GAD), social anxiety disorder (SAD), and panic disorder (PD). Using an RCT design, the study revealed lasting reductions in anxiety symptoms and improved emotion regulation. The findings persisted even after three months, demonstrating art therapy's enduring impact. However, the study was limited to female participants, warranting broader exploration in mixed-gender groups.

Shreya Malik and Saima Ayyub (2023) employed a mixed-method design to assess art therapy's impact on anxiety in adults. Quantitative findings revealed significant anxiety reduction, while qualitative data highlighted participants' ability to recognize and reframe distressful experiences. This study suggests art therapy's utility in developing mindfulness and emotional resilience, although its small sample size limits broader applicability.

Table 1- Summary of Studies

Year	Researcher	Tittle	Findings
2018	Eliana C. Ciasca, et al.	The Efficacy of Art Therapy as Adjunctive Treatment for Depression in Elderly Women: A Randomized Controlled Trial	Elderly women with major depressive disorder showed significant improvements in depression and anxiety scores when participating in art therapy compared to a control group. Art therapy proved to be an effective supplementary treatment.

2022	Soo-Yeon Kim, et al.	Effectiveness of Art Therapy in Reducing Anxiety and Distress Among Ukrainian Refugees in Korea: A Quasi-Experimental Study	Art-based therapy significantly reduced depression, anxiety, and stress levels in young adults compared to those who did not participate.

2023	Jiching Hou, et al.	Clinical Efficacy of Painting Therapy as an Adjunctive Treatment for Anxiety Disorders: A Comparative Study	Painting therapy, combined with standard drug treatment, significantly improved anxiety symptoms, mental health, and social functioning in patients with anxiety disorders, achieving better outcomes than medication alone.
2024	Dr.Sruthi Sivaraman, et al.	The Effectiveness of Art-Based Therapy in Alleviating Psychological Distress Among Young Adults: A Pre-Test and Post-Test Study	Art-based therapy significantly reduced depression, anxiety, and stress levels in young adults compared to those who did not participate.
2024	Vincent	Comparing the Impact of CBT and Art Therapy on Depression and Anxiety in Adolescents and Young Adults: A Randomized Controlled Trial	Both CBT and Art Therapy effectively reduced depression and anxiety in adolescents and young adults, with Art Therapy being particularly beneficial for mood improvement and emotional expression.

Rationale of the Study

Mental health disorders, particularly depression and anxiety, are increasingly prevalent across the world, including in India, where adult populations are experiencing significant psychological stress. In India, mental health services are still evolving, and there remains a substantial stigma surrounding mental illness, further complicating access to care (International Health Journal 2023). Mental health plays a crucial role in the overall well-being of individuals, influencing not only their emotional and psychological health but also their ability to function productively in daily life. Consequently, untreated mental health issues negatively impact an individual's personal relationships, work performance, and overall quality of life, ultimately affecting the economic and social health of the nation (World Health Organization 2024). A significant portion of those affected seek treatment in outpatient settings, which highlights the need for effective interventions specifically tailored to this population. However, much of the existing research on therapeutic interventions focuses on inpatient care and severe conditions like cancer, often neglecting the distinct needs of outpatient populations, who experience different stressors and typically receive less intensive treatment (Burton et.al.2008)

One innovative approach gaining traction is art therapy, which offers a non-verbal, creative outlet for individuals to express their emotions and process their mental health challenges. Art therapy is particularly beneficial for patients who struggle with verbal communication in traditional talk therapies, providing them with an alternative, accessible mode of expression. Studies have shown that even after just a few sessions, art therapy can have positive effects on patients dealing with anxiety and depression, helping them better manages symptoms (Castañeda, A. E., & Rojas, S. M. 2022). This is especially important in outpatient care, where the therapy duration and intensity are typically less than that provided in inpatient settings. However, despite its observed benefits, empirical research supporting the widespread adoption of art therapy in outpatient settings is lacking, particularly in India. This gap is critical, as innovative therapeutic approaches like art therapy are vital for addressing mental health challenges in a culturally sensitive and accessible manner. (Coseo, 1997; Malchiodi, 2008)

This study seeks to address this gap by focusing on the impact of art therapy in outpatient department patients in India, where there is an increased need for adaptable and effective treatment solutions. By exploring the effectiveness of art therapy for outpatients and anxiety, this research aims to contribute to the growing body of knowledge on mental health interventions in India. The outcomes have the potential

to offer important insights for clinicians and policy makers, helping to improve the quality of mental health care in outpatient settings, while also supporting the broader goal of enhancing individual wellbeing and, in turn , contributing to the nation's overall social and economic development. Art therapy has gained recognition for its effectiveness in addressing mental health issues such as depression and anxiety. The World Health Organization (EHO), a specialized agency of United Nations, has acknowledged the health benefits of the arts. The United Nations itself does not directly provide art therapy interventions, its specialized agencies like WHO actively promote the integration of arts-based approaches, including art therapy, into health care systems worldwide.

Research Gap

- Limited research addresses the specific benefits of art therapy for individuals who have difficulty communicating their emotions and experiences.
- In India, the field of art therapy is relatively new, with insufficient research-based data to support its integration into mainstream psychotherapy interventions.
- There are few studies comparing the effectiveness of art therapy to other established treatments, such as cognitive-behavioral therapy and medication, highlighting the need for comparative studies to determine the relative effectiveness of these interventions.
- Existing studies predominantly focus on inpatient department patients, especially female cancer patients, leaving a gap in understanding its effects on a broader patient population.

Research Questions

1. What will be the outcome of Art therapy on patients diagnosed with Anxiety and depression?
2. How art therapy contributes to the development of coping skills in managing anxiety and depression?
3. What is the result of art therapy on overall functioning (productivity, social functioning) post-intervention?

Objectives of the Study

- To assess baseline level of anxiety and depression among selected sample.
- To evaluate the effectiveness of art therapy in reducing anxiety symptoms among patients diagnosed with anxiety.
- To assess the impact of art therapy on depressive symptoms in patients diagnosed with depression.
- To explore how art therapy contributes to the development of coping skills in managing anxiety and depression.
- To examine the impact on overall functioning (productivity, social functioning) post-intervention.
- To gather feedback on the intervention provided and track the continued use of art therapy by the participants based on their individual needs.

Hypotheses of the Study

- There will be significant difference in anxiety symptoms among patients diagnosed with anxiety after the intervention.
- There will be significant difference in depression symptoms among patients diagnosed with depression after the intervention.
- There will be significant difference in overall functioning in the patients.

Research Methodology

The present study adopts a quantitative research methodology to assess the effectiveness of art therapy—specifically Mandala art and painting—on individuals diagnosed with depression and anxiety. Using standardized tools like the Beck Depression Inventory (BDI), Beck Anxiety Inventory (BAI), and the Global Assessment of Functioning Scale (GAF), the study evaluates pre- and post-intervention outcomes over an 8-week period. A structured intervention and robust data analysis framework, including descriptive and inferential statistics, are employed to ensure valid and reliable findings.

Sample Size of the Study

- 14 patients with depression
- 14 patients with anxiety

** (7 males and 7 females) each disorder

Inclusion Criteria

- Age: 18 to 45 years
- Both genders (Male and Female)
- Residents of Delhi NCR Duration of illness: 1 to 2 years
- Patients with mild and moderate depression and anxiety as per Beck Depression Inventory (BDI) and Beck Anxiety Inventory (BAI)

- Adult patients with primary diagnosis of anxiety and depression as per ICD-DCR (International Classification of Diseases – Diagnostic Criteria for Research)

Exclusion Criteria

- Age above 45 years
- Patients on medication

- Patients with organic illness, mental retardation, psychosis, obsessive-compulsive disorder (OCD), phobic disorder, obsessive-compulsive and related disorders, substance dependence (except nicotine), chronic physical illness, and obsessive- compulsive personality disorder (OCPD)

Intervention: Art Therapy

- *Types of Art Therapy:*
  Mandala art and painting
  Duration: 8 weeks

  Session Frequency: One-hour individual sessions, weekly

Description of Tools

Sociodemographic cum Clinical Datasheet: A self-prepared sociodemographic and clinical data sheet including demographic details like age, gender, education, years of stay at the hospital, and details of medication.

Beck Depression Inventory (BDI): Developed by Aaron Beck, 1996 , it is a 21-item self-report rating questionnaire that measures characteristics, attitudes, and symptoms of depression (Beck et al., 1961). The second edition (BDI-II) measures cognitive, behavioural, and somatic features of depression. Items are rated on a four-point scale from 0 to 3. The overall score is calculated as the sum of the items and can be grouped into descriptive categories: 0–9 = normal range, 10–18 = mild/moderate, 19–28 = moderate/severe, and 29–63 = severe/extremely severe depression. (Beck et al., 1996)

Beck Anxiety Inventory (BAI): The Beck Anxiety Inventory was developed by Dr. Aaron T. Beck, 1993,The BAI consists of 21 items, each describing a common symptom of anxiety. Participants are asked to rate how much they have been bothered by each symptom over the last week on a 4- point scale, ranging from 0 (not at all) to 3 (severely).Reliability has demonstrated high internal consistency, with Cronbach's alpha coefficients typically reported around 0.92. Test-retest reliability over a one-week period is also high, with a correlation coefficient of about0.75. And Validity has good convergent and discriminant validity. It correlates well with

other measures of anxiety but is less correlated with measures of depression, which indicates that it is measuring a construct distinct from depression. (Beck & Steer, 1993).

The Global Assessment of Functioning Scale - it is an assessment tool used by mental health professionals to measure an individual's overall level of psychological, social, and occupational functioning. It provides a single score that reflects the person's current functioning or their highest level of functioning within a specified time period (e.g., the past year). Its Purpose is to assess how well a person is functioning in their daily life, taking into account mental health symptoms and impairments. It is often used in diagnosing and monitoring mental disorders, as well as in treatment planning.

Procedure of the Study

Each session includes a review and inquiry process about the experiences of the previous week's practice. The latter half of each session involves a psycho-educational component explaining the rationale for the following week's practice. Patients did not receive any other form of intervention between sessions.

Pre-Assessment: Conduct initial assessments using the Beck Depression Inventory (BDI) ,Beck Anxiety Inventory (BAI) and Global assessment functioning scale (GAF) to measure the baseline levels of depression , anxiety and overall functioning in the patients. Inter-rater reliability, which assesses agreement between different clinicians, is moderate to low, with intraclass correlation coefficients (ICCs) ranging from 0.4 to 0.7, depending on the study. The scale demonstrates moderate construct validity, with studies showing correlations between GAF scores and other clinical measures (e.g., symptom severity scales) in the range of 0.5 to 0.7.

Art Therapy Intervention:

Type of Art Therapy: Mandala Art painting
Session Details: Duration: 8 weeks
Frequency: One-hour individual sessions, weekly

Session Structure:

Initial Review and Inquiry-Each session begins with a review and inquiry process about the experiences of the previous week's practice.

Psycho-Educational Component -The latter half of each session involves a psycho-educational component explaining the rationale for the following week's practice.

Patients received art therapy individually and did not receive any other form of intervention between sessions.

Post-Assessment:

After the completion of the 8-week intervention, reassess the patients using the BDI , BAI and GAF to measure any changes in the levels of depression and anxiety and overall functioning of patients.

Data Analysis

Data obtained will be analysed in terms of objectives and by using both descriptive and inferential statistics in the following manner:

- Organizing data in a master sheet
- Frequency and percentage distribution of sample characteristics.
- Chi square analysis to associate socio demographic data
- T' test to measure the effectiveness of art therapy

Expected Outcomes of the Research

- Significant reduction in anxiety and depression symptoms among participants.
- High level of patient satisfaction, increased engagement and adherence to art therapy.
- Confirmation of art therapy's effectiveness in treating anxiety and depression.
- Improvement in participants overall quality of life , including social functioning

Proposed Arrangement of Chapters

The final thesis will be divided into five chapters.

- ✓ The first chapter will include an introduction to the key variables along with objectives and rationale to carry out the research.
- ✓ The second chapter will be a review of the related literature.
- ✓ The third chapter will be focused on the detailed methodology adopted in the study.
- ✓ The fourth chapter will be related to data analysis, interpretation, and discussion of the findings.
- ✓ The fifth chapter will conclude the study followed by limitations of the present study and recommendations for future studies.

References

Abbing, A., Ponstein, A., van Hooren, S., de Sonneville, L., Swaab, H., & Baars, E. (2019). Anxiety disorders: Epidemiology and diagnostic criteria. Journal of Anxiety Disorders, 65, 1–12.

Abbing, A., Ponstein, A., van Hooren, S., de Sonneville, L., Swaab, H., & Baars, E. (2019). The effectiveness of anthroposophic art therapy for anxiety disorders: A randomized controlled trial. Journal of Anxiety Disorders, 65, 28–36.

Alwledat, K., Al-Amer, R., Ali, A. M., Abuzied, Y., Khudeir, F. A., Alzahrani, N. S., Alshammari, S. R., AlBashtawy, M., Thananayagam, T., & Dehghan, M. (2023). Creative art therapy for improving depression, anxiety, and stress in patients with stroke: A quasi-interventional study. SAGE Open Nursing, 9, Article 237796082311604.

American Psychiatric Association. (2022). Diagnostic and statistical manual of mental disorders (5th ed., text rev.). American Psychiatric Publishing.

Barlow, D. H. (2002). Anxiety and its disorders: The nature and treatment of anxiety and panic (2nd ed.). Guilford Press.

Barnish, M. S., & Nelson-Horne, R. V. (2023). Group-based active artistic interventions for adults with primary anxiety and depression: A systematic review. BMJ Open, 13(6), Article e069310.

Beck, A. T., & Steer, R. A. (1993). Manual for the Beck Anxiety Inventory.

Beck, A. T., Steer, R. A., & Brown, G. K. (1996). Manual for the Beck Depression Inventory-II.

Castañeda, A. E., & Rojas, S. M. (2022). Art therapy as an intervention for reducing symptoms of anxiety and depression: A systematic review. BMJ Open, 12(6), Article e056734.

Ciasca, E. C., & Colleagues. (2018). Art therapy as an adjunctive treatment for major depressive disorder in elderly women: A randomized controlled trial. International Journal of Geriatric Psychiatry, 33(4), 500–508.

Coseo, A. (1997). Cultural humility in art therapy: Addressing biases and promoting inclusivity.

Hamzah, R., & Colleagues. (2023). Art therapy as a complementary treatment for anxiety disorders: A randomized controlled trial. Journal of Affective Disorders, 312, 97–105.

Hou, J., & Colleagues. (2023). Evaluating the clinical efficacy of painting therapy in treating anxiety disorders: A controlled study. Journal of Psychiatric Research, 149, 109–118.

Kaimal, G., Ray, K., & Muniz, J. (2016). Reduction of cortisol levels and participants' responses following art making. Art Therapy, 33(2), 74–80.

Kagin, S. L., & Lusebrink, V. B. (1978). The expressive therapy continuum. Art Psychotherapy, 5(4), 171–180.

Kim, S.-Y., & Colleagues. (2022). The effectiveness of art therapy in reducing anxiety and distress among Ukrainian refugees in Korea. International Journal of Art Therapy, 27(1), 22–30.

Luo, X., Zhang, Z., Shi, X., He, C., Wang, J., Wu, Q., & Huang, G. (2023). Arts therapies for mental disorders in COVID-19 patients: A comprehensive review. Frontiers in Public Health, 11.

Malchiodi, C. A. (2008). Creative interventions with traumatized children. Guilford Press.

Malik, S., & Ayyub, S. (2023). Evaluating the impact of art therapy on anxiety levels in adults: A mixed-methods study. Journal of Mental Health, 32(2), 145–153.

Newland, P., Bettencourt, G., & O'Connor, J. (2020). A meta-analytic review of mindfulness-based art therapy and its effectiveness in managing psychological symptoms. Journal of Creative Arts Therapies, 15(3), 123–145.

Newland, P., & Colleagues. (2020). Meta-analysis on the impact of mindfulness-based art therapy (MBAT) on psychological and physical symptoms in participants. Journal of Clinical Psychology, 76(3), 456–467.

Shah, S. N., & Colleagues. (2021). Comparative analysis of CBT and art therapy on mental health outcomes in adolescents and young adults. Journal of Clinical Child & Adolescent Psychology, 50(3), 347–358.

Shella, T. A. (2018). The impact of bedside art therapy on mood, pain, and anxiety levels in acute hospital patients. Arts in Psychotherapy, 58, 81–85.

Sivaraman, S., & Colleagues. (2024). Art-based therapy for reducing psychological distress in young adults: A pre-test and post-test study. Psychological Reports, 130(4), 1054–1070.

Slayton, S. C., D'Archer, J., & Kaplan, F. (2010). Outcome studies on the efficacy of art therapy: A review of findings. Art Therapy, 27(3), 108–118.

Stein, D. J., & Sareen, J. (2015). The global burden of anxiety disorders. The Lancet, 388(10063)

MANAV RACHNA | NAAC A ACCREDITED

Swami Vivekananda Library and Resource Centre
Manav Rachna University

SIMILARITY VERIFICATION CERTIFICATE

Title: THE EFFICACY OF ART THERAPY AMONG PATIENTS DIAGNOSED WITH ANXIETY AND DEPRESSION.

Researcher: Pooja Gupta

Registration Number: MRUEDDN012K230024

Supervisor: Dr. Arvinder Kaur

Department: Education & Humanities

This is to certify that the above mentioned Short Synopsis/Thesis was scanned for similarity index through DrillBit Software on 2025-06-05 with submission ID 3736829 and the similarity index was found to be 5 %. The complete report running into 18 Pages, 3989 Word count with File Size 1092 KB is being forwarded to the Research Supervisor/DRC/DRB for review.

Date: 09-06-2025

Swami Vivekananda Library and Resource Centre, Faridabad * Manav Rachna University *

9/6/2025

The complete report of the above Short Synopsis/Thesis has been reviewed and the similarity index including AI-based writing tools are below the accepted norms as per the University Grants Commission (Promotion of Academic Integrity and Prevention of Plagiarism in Higher Educational Institutions) Regulations 2018. The Short Synopsis/Thesis may be considered for further processing

Research Scholar

Arvinder Kaur

Research Supervisor

Excluding matches less than 14 words

DrillBit

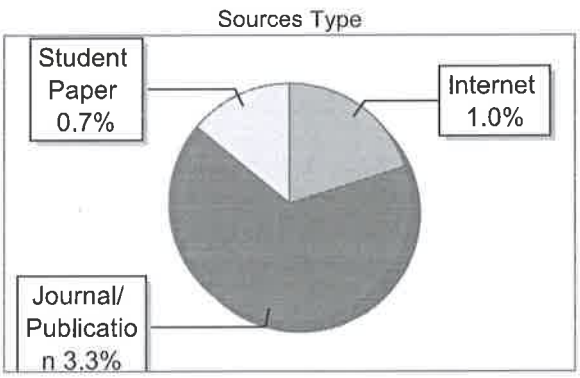
The Report is Generated by DrillBit Plagiarism Detection Software

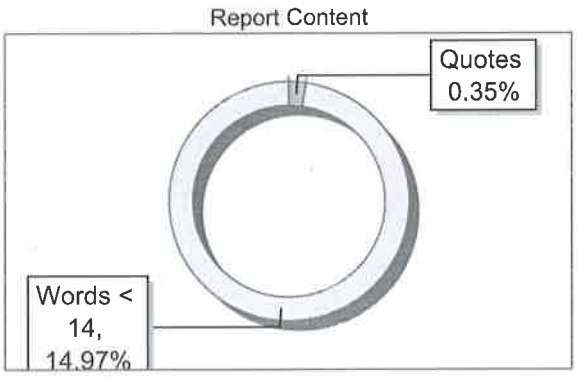
Submission Information

Author Name	Pooja Gupta
Title	The Efficacy of Art Therapy Among Patients Diagnosed with Anxiety And Depression
Paper/Submission ID	3736829
Submitted by	netrapal.library@mru.edu.in
Submission Date	2025-06-05 13:57:30
Total Pages, Total Words	18, 3989
Document type	Synopsis

Result Information

Similarity **5 %**





Exclude Information

Quotes	Excluded
References/Bibliography	Excluded
Source: Excluded < 14 Words	Excluded
Excluded Source	**0 %**
Excluded Phrases	Not Excluded

Database Selection

Language	English
Student Papers	Yes
Journals & publishers	Yes
Internet or Web	Yes
Institution Repository	Yes

A Unique QR Code use to View Download Share Pdf File

Excluding matches less than 14 words

DrillBit

DrillBit Similarity Report

5	7	A
SIMILARITY %	MATCHED SOURCES	GRADE

A-Satisfactory (0-10%)
B-Upgrade (11-40%)
C-Poor (41-60%)
D-Unacceptable (61-100%)

LOCATION	MATCHED DOMAIN	%	SOURCE TYPE
1	Thesis Submitted to Shodhganga Repository	1	Publication
2	Thesis Submitted to Shodhganga Repository	1	Publication
3	REPOSITORY - Submitted to Krishna Vishwa Vidyapeeth (Deemed to be University) (formerly Krishna Institute of Medical Sciences) on 2024-06-01 10-16 1781283	1	Student Paper
4	Comparison of satisfaction and pain relief between patients-controlled analgesia by Bayar-2008	1	Publication
5	beyondtheblogspot.wordpress.com	1	Internet Data
6	etd.aau.edu.et	1	Publication
7	translate.google.com	<1	Internet Data

The Efficacy of Art Therapy Among Patients Diagnosed with Anxiety And Depression

Short Synopsis

By

Pooja Gupta

MRUEDDN012K230024

Under the supervision of

Dr.ArvinderKaur

Assistant Professor

Abstract

Art therapy, an emerging field in psychotherapy, has shown promise in addressing mental health concerns like anxiety and depression. This study investigates the impact of art therapy on these conditions among outpatients, focusing on improvements in anxiety symptoms, depression symptoms, overall functioning, and mood. A sample of 28 patients, aged 18 to 45, with a history of depression or anxiety lasting 1 to 2 years, participated in an 8-week art therapy intervention. The therapy sessions, conducted weekly at a multispecialty clinic, utilized tools such as Mandala art and painting. Baseline and post-intervention assessments were conducted using the Beck Depression Inventory(BDI) and Beck Anxiety Inventory (BAI).Preliminary findings suggest significant improvements in the targeted areas, highlighting the potential of art therapy as an effective intervention for managing anxiety and depression in outpatient settings.

Keywords: Art Therapy, Anxiety, Depression, Psychotherapy, Mandala Art

DrillBit

The Report is Generated by DrillBit AI Content Detection Software

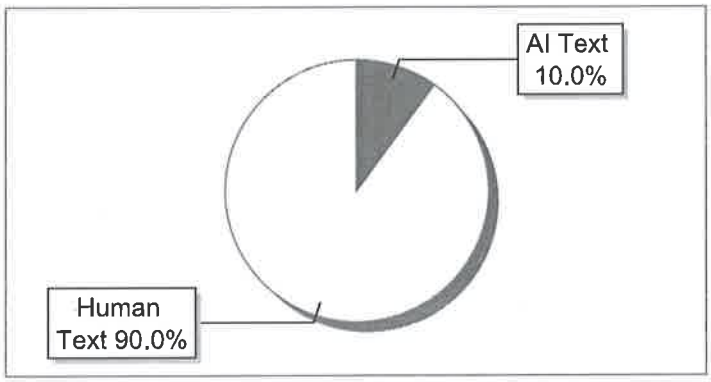
Submission Information

Author Name	Pooja Gupta
Title	The Efficacy of Art Therapy Among Patients Diag..
Paper/Submission ID	3736829
Submitted By	netrapal.library@mru.edu.in
Submission Date	2025-06-05 13:57:30
Total Pages	18
Document type	Synopsis

Result Information

AI Text: **10 %**

Content Matched



Disclaimer:

* The content detection system employed here is powered by artificial intelligence (AI) technology.
* Its not always accurate and only help to author identify text that might be prepared by a AI tool.
* It is designed to assist in identifying & moderating content that may violate community guidelines/legal regulations, it may not be perfect.